Title: ADJUSTABLE WEIGHT EXERCISE METHODS AND APPARATUS

Certificate of Mailing

I hereby certify that this TRANSMITTAL SHEET and the items identified herein are being sent via Express Mail No. ER774265976US, postage prepaid, in an envelope addressed to M.S. Patent Application, Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450, on this 13th day of April, 2004.

Mark A. Krull

TRANSMITTAL SHEET

M.S. Patent Application Commissioner for Patents P.O. Box 1450 Alexandria, VA 22313-1450

Dear Sir:

The following items are enclosed:

- 1. <u>Patent Application</u> for ADJUSTABLE WEIGHT EXERCISE METHODS AND APPARATUS, including:
 - 17 page specification
 - 4 claims (4 independent)
 - 1 page abstract
 - 11 sheets of formal drawings
- 2. Non-Publication Request
- 3. Return post card

Small entity status is appropriate and hereby requested.

Mark A. Krull Reg. No. 34,205

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NONPUBLICATION REQUEST UNDER 35 U.S.C. 122(b)(2)(B)(i)

First Named Inventor		Krull
Title	Adjustab Method	le Weight Exercise us and Apparatus
	ocket Number	

I hereby certify that the invention disclosed in the attached application has not and will not be the subject of an application filed in another country, or under a multilateral agreement, that requires publication at eighteen months after filing.

I hereby request that the attached application not be published under 35 U.S.C. 122(b).

This request must be signed in compliance with 37 CFR 1.33(b) and submitted with the application **upon filing**.

Applicant may rescind this nonpublication request at any time. If applicant rescinds a request that an application not be published under 35 U.S.C. 122(b), the application will be scheduled for publication at eighteen months from the earliest claimed filing date for which a benefit is claimed.

If applicant subsequently files an application directed to the invention disclosed in the attached application in another country, or under a multilateral international agreement, that requires publication of applications eighteen months after filing, the applicant must notify the United States Patent and Trademark Office of such filing within forty-five (45) days after the date of the filing of such foreign or international application. Failure to do so will result in abandonment of this application (35 U.S.C. 122(b)(2)(B)(iii)).

Burden Hour Statement: This collection of information is required by 37 CFR 1.213(a). The information is used by the public to request that an application not be published under 35 U.S.C. 122(b) (and the PTO to process that request). Confidentiality is governed by 35 U.S.C. 122 and 37 CFR 1.14. This form is estimated to take 6 minutes to complete. This time will vary depending upon the needs of the individual case. Any comments on the amount of time you are required to complete this form should be sent to the Chief Information Officer, U.S. Patent and Trademark Office, Washington, DC 20231. DO NOT SEND FEES OR COMPLETED FORMS TO THIS ADDRESS. SEND TO: Assistant Commissioner for Patents, Washington, DC 20231.